



TAKE ACTION AGAINST YOUR ADDICTION

It's no secret that cigarettes are addictive. The problem is that prolonged use may lead to serious medical complications such as strokes, pulmonary troubles, cancer and heart diseases. The good news is that there are various methods available to help you eliminate the habit.

Cold Turkey:

Quitting cold turkey requires that you completely stop smoking all at once. The advantage of this method is that the majority of nicotine will be out of your body within a few days. While the discomfort may be intense, the physical withdrawal is short.

Gradual Reduction:

Slowly reducing the number of cigarettes you smoke over time is a method that many people attempt. Some switch to smoking only half the cigarette, waiting an hour longer each day before lighting up their first cigarette or smoking only during odd or even hours. Although you are reducing your cigarette smoking, you are still prolonging your exposure tobacco.

Nicotine Replacement Therapy (NRT):

Nicotine replacement is used to wean you off nicotine. NRT options offer a measured dose of nicotine delivered slowly to reduce cigarette cravings and withdrawal symptoms. Some NRT options include:

- Nicotine Patch - Square patch resembling a bandage that is placed on the skin. The patch provides a steady, controlled dose of nicotine throughout the day to help reduce withdrawal symptoms.
- Nicotine Inhaler - The nicotine inhaler is a plastic cigarette-like tube in which you place a nicotine cartridge and a mouthpiece. The inhaler releases nicotine into the user's mouth and throat when inhaled.
- Nicotine Lozenge - The nicotine lozenge comes in the form of a small tablet that you place in your mouth. Once it dissolves, nicotine is absorbed into the bloodstream.
- Nicotine Gum - Chewing gum that releases nicotine as you chew it.
- Nicotine Nasal Spray - A prescription medication that reduces cravings by releasing nicotine solution each time it is sprayed into the nose. The solution is absorbed into the bloodstream through the nasal mucosa.

Hypnosis:

Hypnosis alters your state of mind so that you become more susceptible to suggestion. This practice has been used to help people quit smoking.

Acupuncture:

Acupuncture is an ancient Chinese medical technique in which needles are placed on specific spots of the skin to treat pain or disease. It has been used to treat nicotine addiction in smokers.

DON'T FORGET TO STRETCH!